

Environmental Solutions To Obesity in America's Youth

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David A. Schwartz, M.D.
Director
National Institute of Environmental Health Sciences

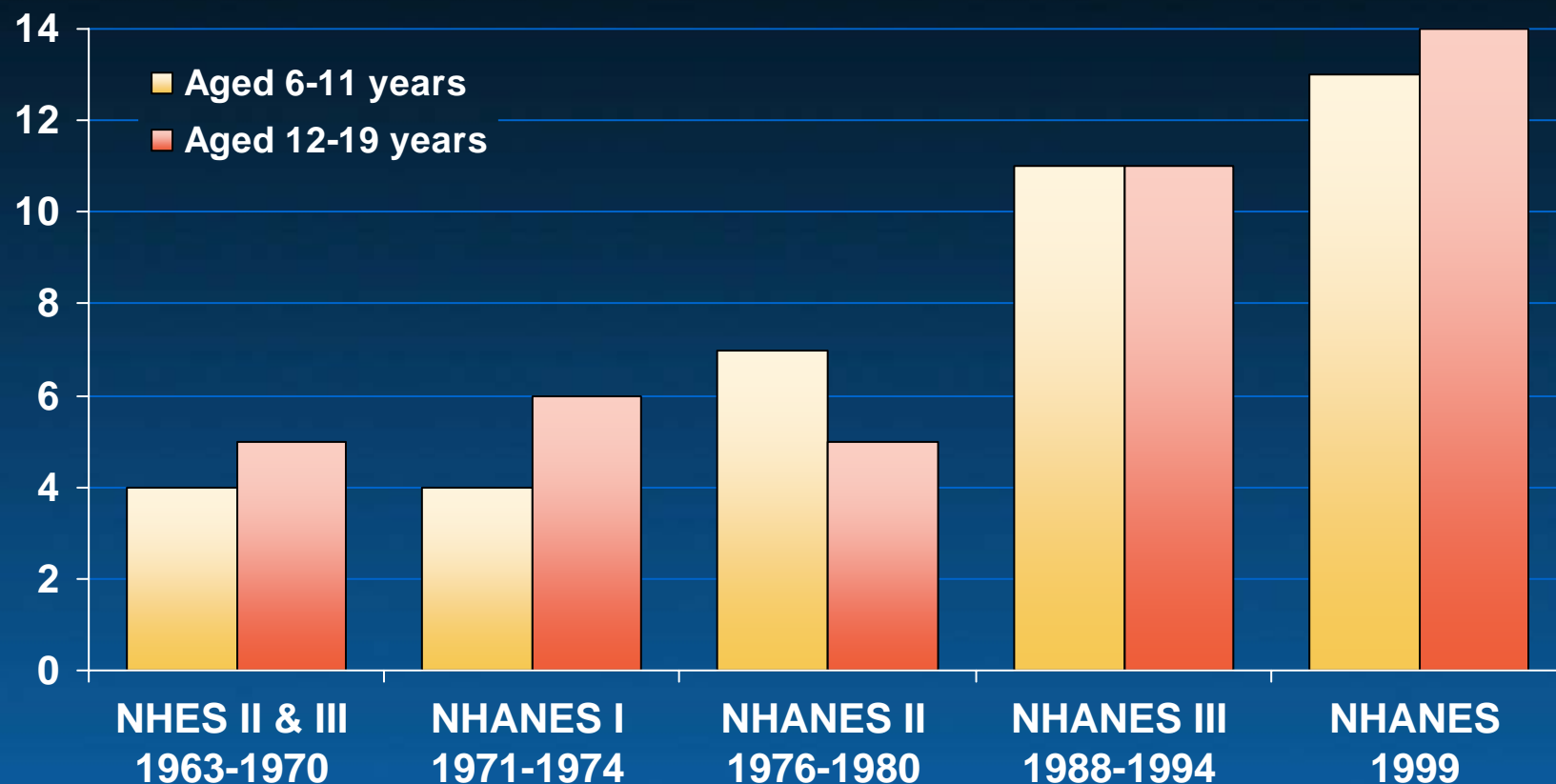


Environmental Factors that Influence Risk for Obesity

- Access to affordable healthy food, physical fitness activities, and health education
- Air and water quality
- Transportation choices
- Land use and community design
- Crime and public safety
- Environmental chemicals that influence hormonal balances

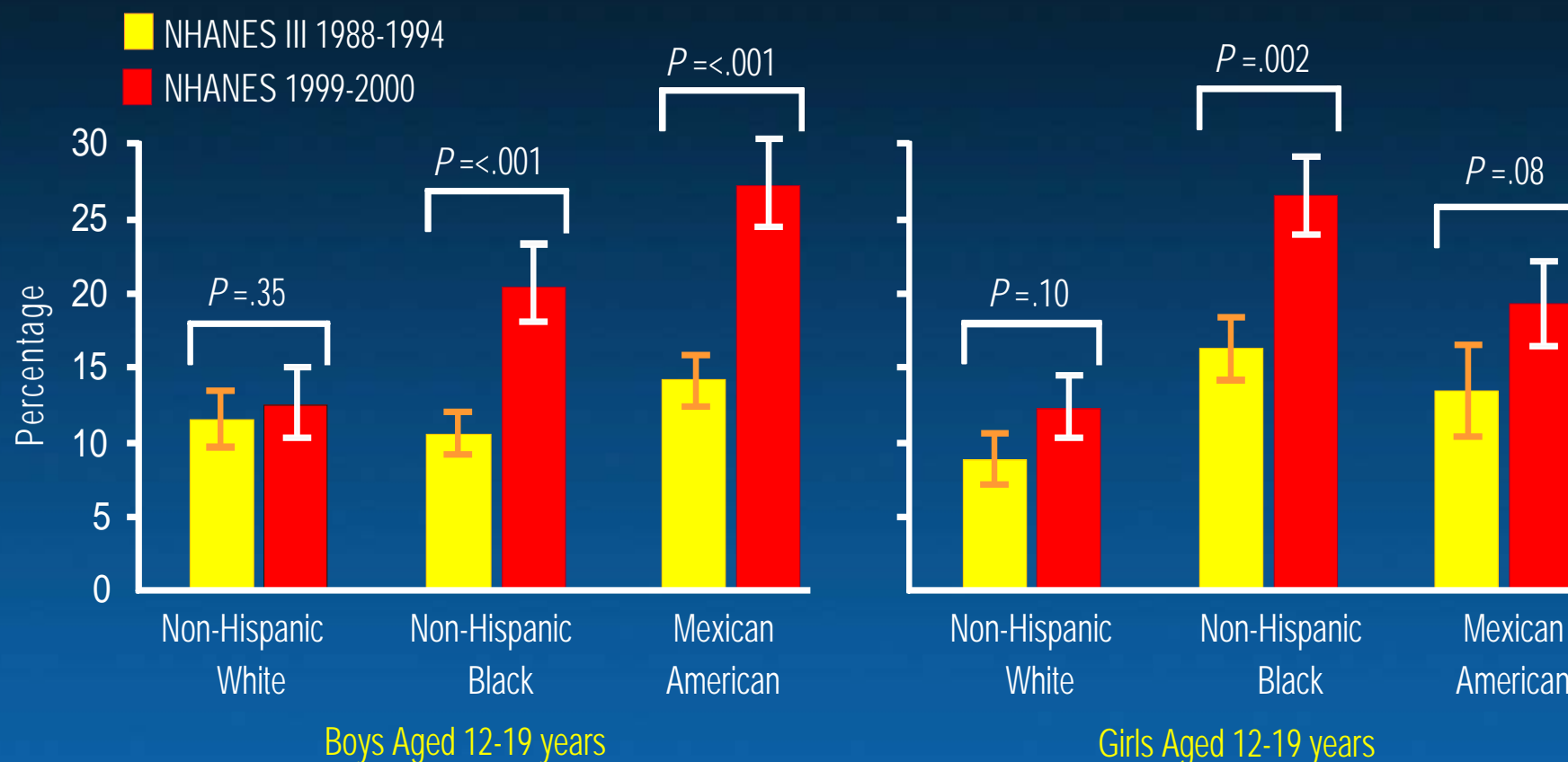


Prevalence of Overweight Among US Children and Adolescents



Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey

Overweight Prevalence by Race/Ethnicity for Adolescent Boys and Girls



Multilevel Approach to Obesity in Children

- **Community support:**
 - Safe places to play and exercise
 - School locations, lunches, and physical education programs
 - Zoning, planning, and environmental regulations
 - Transportation systems
- **Marketplace responsibility:**
 - Food availability and pricing
 - Advertising
- **Individual choices:**
 - Increase physical activity
 - Make healthier food choices and monitor consumption



President's Council on Physical Fitness

President Kennedy speaks at the Conference on Physical Fitness of Youth in 1961



"We have become more and more not a nation of athletes but a nation of spectators." *John F. Kennedy, 1961*

Suggested Approaches to Overweight Children

Strategies to help families with overweight children and adolescents:

- Controlling the environment
- Monitoring behavior
- Setting goals
- Rewarding successful changes in behavior

**These strategies also
apply to prevention**



NIEHS Initiatives to Address Obesity

- **Research**
 - Joint NIH-CDC effort of \$5M; awards this summer
 - Impact of environmental factors on obesity
 - Effectiveness of improving access to healthy foods and physical activity
 - Support multidisciplinary research teams to understand the causes and effective interventions
- **Partnership with Robert Wood Johnson Foundation**
 - Evaluation of Active Living by Design, programs in 25 communities throughout the U.S.
- **Education**
 - Funded “Fitness Fighters,” an interactive video and educational tool for kids





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Nutrition
Behavior
Families
Schools
Activity
Prevention
Disparities
Communities

June 1–2, 2005
The Washington Convention Center
Washington, DC
<http://www.niehs.nih.gov/drcpt/events/oe2005>



National Institutes of Health



U.S. Department of Health & Human Services